



Lived Experience Advisory Group (LEAG)

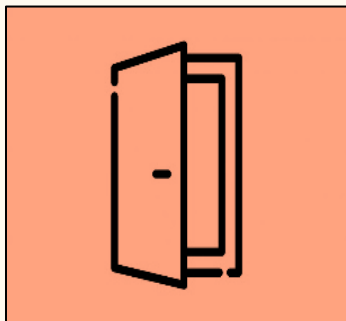
We work together to make mental health services better in Sussex.

What is the LEAG?



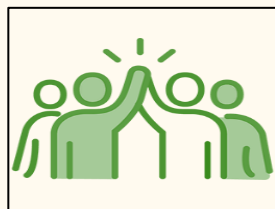
- A group of people who have experience of mental health problems.
- We work to improve local mental health services.
- We do this by sharing ideas and working with partners like the NHS and local councils.
- There are three LEAG groups: Brighton & Hove, East Sussex, and West Sussex.
- Every two months, all groups meet as SCALE (Sussex Co-production And Lived Experience) to share ideas and learn together.

Who can join?



- Anyone with lived/ living experiences of mental health within West Sussex.
- We welcome people from all backgrounds and experiences.
- We are a friendly group and have been running for 3 years.
- We want new members to help us make mental health care fairer and better.

What have we done so far?



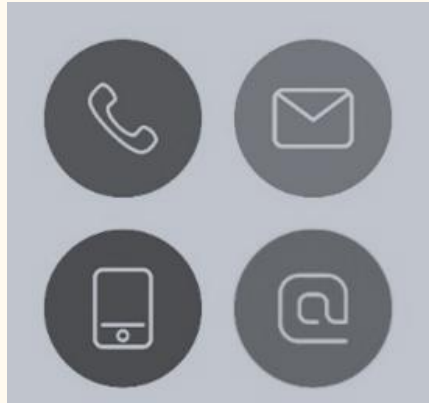
- Made and delivered training for new members.
- Gave advice on the Electronic Staff Record (ESR) system.
- Helping to design Neighbourhood Mental Health Teams (NMHTs).

What will you get as a member?



- Learn about mental health services in Sussex.
- Support to share your story and ideas.
- A chance to make services better.
- Payment for meetings (where possible).
- Other paid and volunteer opportunities.
- Meet new people and make friends.
- Build confidence and skills.
- Be part of an inclusive group that makes a difference.
- We cannot promise paid work, but we will share as many opportunities as we can.

Contact Us



- We would love to hear from you!
- Contact us to get involved - Email:
coproduction@capitalcharity.org